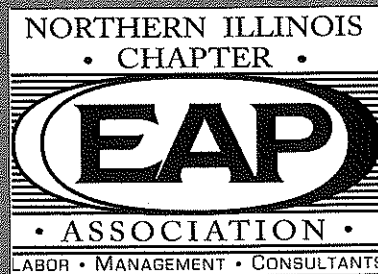
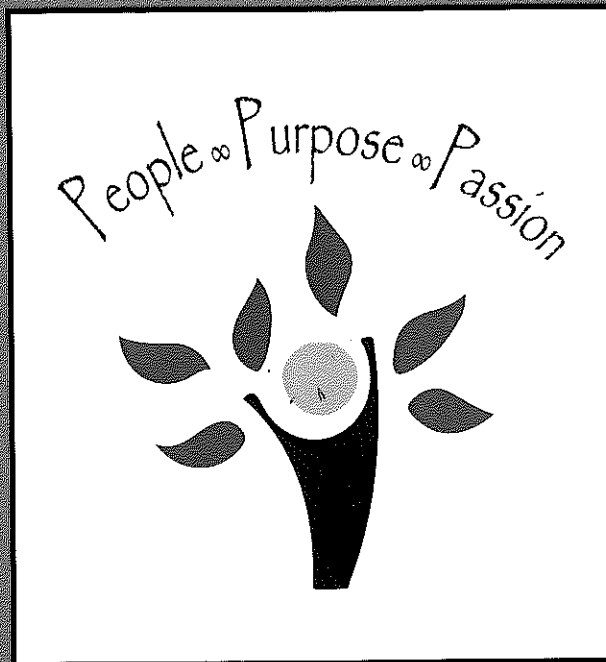


37th Annual Conference



NORTHERN ILLINOIS EMPLOYEE ASSISTANCE PROFESSIONALS ASSOCIATION



People, Purpose and Passion: Innovative Approaches

Tuesday, June 2, 2015

Drury Lane Oak Brook
Oakbrook Terrace, IL

CONFERENCE SCHEDULE

NIEAPA is privileged to have these distinguished leaders address our conference participants.

7:45 am – 8:15 am
CONTINENTAL BREAKFAST – EXHIBITORS
VENETIAN AND TERRACE

Registration/Check-in begins at 7:30 am

8:15 am – 9:45 am
KEY NOTE SESSION

WELCOME AND INTRODUCTIONS
Rick Kronberg, President, NIEAPA

1. EAP IMPACT ON WORKPLACE OUTCOMES
GENERAL SESSION ROOM

This presentation will highlight a study funded by the Employee Assistance Research Foundation and conducted by the OMNI Institute, of Denver, CO examining the relationship between EAP services and work-related outcomes. This study compared client self-reports gathered over a 12 month period from a group of Colorado state employee EAP participants with a matched comparison group of state employees not receiving services to:

- 1) quantify the impact of EA services on absenteeism, presenteeism, and workplace distress;
- 2) identify circumstances under which EA services are most effective; and
- 3) estimate cost-savings in absenteeism reduction attributable to EA services.

Specifically, the presenters will detail the study's rationale, parameters, challenges and provide findings of the impact of EA services on attendance, presenteeism and workplace distress; identify circumstances where EA services are most effective; and estimate the cost-savings in reducing absenteeism.

Melissa Richmond, PhD, Director of Research and Evaluation, OMNI Institute

Bernard McCann, PhD, CEAP, Development Consultant, Employee Assistance Research Foundation

9:45 am – 10:15 am
BREAK – VISIT EXHIBITORS
VENETIAN AND TERRACE

10:15 am – 11:45 am
CONCURRENT SESSIONS 2, 3, 4, 5

2. QUANTITATIVE ELECTROENCEPHALOGRAPH (QEEG)-BASED ASSESSMENT AND TREATMENT IN PSYCHIATRY
FRENCH/ENGLISH ROOM

The fields of psychology and psychiatry are moving toward a more objective and science-based approach to the diagnosis and treatment of mental disorders. QEEG, or Quantitative Electroencephalogram offers us the ability to see a picture of what is occurring in the brain prior to the prescription of medication. This picture of the brain allows us to see what regions of the brain are functioning optimally, and which regions of the brain are over- or underactive.

Teresa Poprawski, MD, QEEG, Neuropsychiatrist/Chief Medical Officer, Hartgrove Hospital

3. BREIF ACCEPTANCE AND COMMITMENT THERAPY
OAK I

Acceptance and Commitment Therapy is an evidence-based treatment that blends mindfulness, values-clarification, and acceptance skills-building to help people create measurable behavior change in their lives. This workshop will provide a framework for conceptualizing client behavior problems in the EAP setting, and will discuss application of specific ACT interventions. Attendees will become familiar with the six core ACT principles of defusion, self-as-context, acceptance, values, committed action, and contacting the present moment. This workshop is based on ACT in Practice: Case Conceptualization in Acceptance and Commitment Therapy (Bach & Moran, 2008). There will be special emphasis on making the ACT model succinct for brief therapy.

Jennifer Patterson, PsyD, Clinical Director, MidAmerican Psychological Institute

4. CREATING AN LGBT-AFFIRMING WORKPLACE
CRYSTAL II

Creating an LGBTQ affirming work environment can be complicated for employers and employees. This presentation will address LGBTQ education, best practices in creating an affirming environment company-wide and ways individuals can contribute to success in workplace inclusion. Some common barriers and struggles of LGBTQ employees and family members will be considered and suggestions to address these concerns will be reviewed.

Monica O'Connell, MA, LMFT, LADC, Licensed Marriage and Family Therapist, Mental Health Supervisor, PRIDE Institute

5. PAIN PILLS AT WORK
CRYSTAL I

Opioids or opioid analgesics are commonly used to treat medical conditions, such as acute and chronic pain. However, the National Safety Council states, "Employee use of prescription painkillers increases safety and health risks at work and seriously impacts employee recovery and the bottom line in workers' compensation." In addition, a recent study by Quest Diagnostics, a provider of workplace drug tests, concluded, "The positive rate for prescription opiates among employees increased 40 percent from 2005 to 2009 and has continued to rise each year." The good news: There are strategies that employers can take to promote a healthier and safer work environment. This session will open the dialogue on the role that EAP can play in supporting individuals and organizations to address this growing challenge.

Steven Bentsen, MD, Medical Director, ValueOptions

Kathy Greco Carlton, LMSW, Vice President, Commercial Sales, ValueOptions

11:45 am – 1:15 pm
LUNCH & SPEAKER

GENERAL SESSION ROOM

CONFERENCE SCHEDULE

NIEAPA is privileged to have these distinguished leaders address our conference participants.

1:15 pm – 1:30 pm
BREAK- VISIT EXHIBITS
VENETIAN AND TERRACE

1:30 pm – 3:00 pm
CONCURRENT SESSIONS 6, 7, 8, 9

6. TRANSCRANIAL MAGNETIC STIMULATION FOR DEPRESSION
CRYSTAL II

Major depression is a common and debilitating disorder. Existing treatments such as psychotherapy, medications or their combination are often inadequate or intolerable. Recent advances in device-based treatments which modulate brain electrical activity for therapeutic purposes offer hope for many patients with treatment-resistant depression. Transcranial magnetic stimulation (TMS) which uses magnetic pulses to impact dys-regulated areas of the brain has recently become available. Both clinical trials and real world experience indicate substantial benefit with this approach. This presentation will critically review the data supporting a role for TMS in treatment-resistant depression.

Philip G. Janicak, MD, Linden Oaks Medical Group

7. RELATIONSHIP REPAIR UTILIZING EMOTIONALLY FOCUSED THERAPY (EFT)
FRENCH/ENGLISH ROOM

Relationship distress is one of the most common reasons for seeking mental health services and the negative impact of relational conflict effects most domains of daily life, including work and general health. Emotionally Focused Therapy is a structured, time-limited couple therapy model that helps partners move from patterns of conflict and distance to increased openness and trust. Strongly rooted in adult attachment theory, the effectiveness of EFT is supported by over 25 years of empirical research.

Jeff Hickey, LCSW, Certified EFT Trainer, Director, Chicago Center for Emotionally Focused Therapy

8. BEST THINKING IN WORST SITUATIONS
OAK I

Stress for most employees, professional or not, is standard fare in today's business world and economy; it's a natural consequence of the current daily stressor will all endure. Stressful situations are ubiquitous and can't be avoided, or even mitigated to some extent. But our thinking and decision making in stressful situations can make a difficult situation worse, or it can help produce better outcomes. This presentation will identify and explain the most common errors in judgment and decision-making when under stress, and provide practical proven approaches to avoiding them, while improving our ability to make better decisions and intuitive judgments in stress filled situations.

Tony Pacione, LCSW, CSADC, Clinical Director, Illinois Lawyers' Assistance Program

9. RESPONDING TO THE OPIOID CRISIS
CRYSTAL I

The session will focus on the current opioid epidemic by looking at the history of opiate use as well as the types and distribution system. We will review prescription opiates and signs and effects of use. Finally, we will look at medication assisted therapy and some of the common medications used to help treat opiate dependence.

Ramsen Kasha, MS, MBA, LCPC, CADC, Executive Director, Hazelden Betty Ford Foundation

David Cohen, MSW, LCSW, CADC, Clinical Director, Hazelden Betty Ford Foundation

3:00 pm – 3:30 pm
BREAK – VISIT EXHIBITS

3:30 – 5:00 pm
CONCURRENT SESSIONS 10, 11

10. AUTHENTIC LEADERSHIP
OAK I

EAP Counselors are often called upon to coach managers facing difficult employee problems. Authentic Leadership is a model of manager development consistent with the values of most EAP professionals. The theory encourages managers to develop honest relationships with followers, valuing the input of workers and being mindful of the ethical implications of their decisions. Authentic leadership develops these skill by helping managers seek a connection with the personal challenges they may have overcome in their own personal history.

Chester Taranowski, PhD, CEAP, LCSW, Adjunct Professor School of Social Work, University of Southern California

11. ADDRESSING GRIEF ISSUES IN THE RECOVERY PROCESS
FRENCH/ENGLISH ROOM

Grieving is the normal, natural, and necessary process that we must go through to regain emotional stability and health. Many people struggling with addictions have backpacks full of unresolved losses and with the progression of the addiction, they are continually adding to the weight of an already heavy load. The use of alcohol and drugs prohibits our clients from experiencing the grieving process. Without grieving their losses, our clients will continue in the vicious cycle of addiction. Part of recovery is helping our clients learn to live life on life's terms and a big part of life is learning how to grieve our losses instead of running from them.

Rachel Ridge, LCSW, CRADC, PGDC, Community Relations Coordinator, Rosecrance Health Network